



USER MANUAL

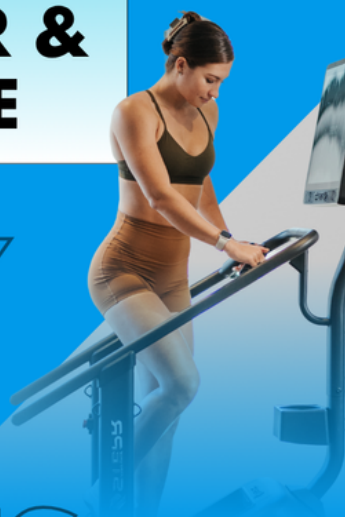


REGISTER YOUR PRODUCT NOW TO ACTIVATE YOUR WARRANTY

PROTECT YOUR INVESTMENT,
CLIMB WITH CONFIDENCE.



**SCAN TO
REGISTER &
ACTIVATE**



EVERY
STEP
COUNTS

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IMPORTANT SAFETY INSTRUCTION!

When using the STEPR, basic precautions should always be followed, including the following:

Read all instructions before using the STEPR.

DANGER – To reduce the risk of electric shock:

1. Always remember to unplug the STEPR from the electrical outlet immediately after use and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Never leave the STEPR unattended when it is plugged in. Always unplug it from the outlet when not in use and before attaching or removing parts.
2. Use this STEPR only for its intended purpose as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
3. Do not operate the STEPR if the cord or plug is damaged, if it is not functioning correctly, if it has been dropped or damaged, or if it has fallen into water. In such cases, immediately return the STEPR to an authorized service center for examination and repair.
4. Keep the cord away from heated surfaces.
5. Never operate the STEPR with the air openings blocked. Keep the air openings free of lint, hair and other items.

IMPORTANT SAFETY INSTRUCTION!

- 6.** Never drop or insert any object into any opening.
- 7.** The STEPR is designed for indoor use only. Do not use it outdoors.
- 8.** Do not operate the STEPRs where aerosol (spray) is being used or where oxygen is being administered.
- 9.** To disconnect the STEPR, first, turn it off, and then remove the plug from the electrical outlet.
- 10.** Connect the STEPR only to a properly grounded outlet as per the grounding instructions provided.
- 11.** The STEPR is not suitable for use by individuals with reduced physical, sensory, or mental capabilities or those lacking experience and knowledge, unless they have received proper supervision or instruction from a responsible person regarding its safe usage. Keep children under 14 and pets at least 10 feet away from the STEPR while in use.
- 12.** Do not carry the STEPR by its supply cord, nor should you use the cord as a handle. This can damage the cord and may lead to hazardous situations.
- 13.** If you are uncertain about any aspect of assembly, maintenance, or use, please consult with a qualified professional or contact STEPR's customer support.

SAVE THESE INSTRUCTIONS

The specifications of the STEPR may vary slightly from the illustrations and are subject to change without notice.

WARNING

Before using the STEPR, carefully read all provided instructions in the owner's manual and keep the manual for future reference.

During the assembly process, pay special attention to several areas. It is crucial to follow the assembly instructions accurately and ensure all parts are firmly tightened. Failure to do so may result in loose parts and irritating noises. To avoid damage to the STEPR, thoroughly review the assembly instructions and take corrective actions if necessary.

Never operate the STEPR if the cord or plug is damaged, if it is not functioning correctly, if it has been damaged, or if it has been immersed in water. Operating the STEPR under such conditions may lead to safety hazards and void the warranty.

In an emergency, press the "emergency stop button" immediately.

By using the STEPR, the user agrees to indemnify and hold harmless STEPR and its representatives from any claims, actions, damages, or losses that may arise from the user's negligence, misuse, or failure to follow the instructions and warnings provided herein.

Caution: Carefully read the assembly instructions and strictly follow them while assembling the STEPR.

IMPORTER:
STEPR INC.

ADD: 300 Delaware Ave. Suite 210 #524
Wilmington, DE 19801
United States

ATTENTION

1. Before starting any exercise program, consult with your physician or health professional.
2. Prior to use, check and ensure all bolts are securely locked to prevent accidents during exercise.
3. Never place the STEPR in a wet area to avoid operational issues or malfunctions.
4. The manufacturer is not responsible for any issues or injuries resulting from failure to follow these guidelines.
5. Always wear appropriate sports clothes and shoes before using the STEPR.
6. While working out, avoid placing your hands and feet underneath the STEPR or within the stairs to prevent any pinching incidents.
7. To reduce the risk of injuries, perform warm-up exercises before starting your workout routine.
8. If you have high blood pressure or any other medical condition, consult with a doctor before engaging in any exercise activities.
9. The STEPR is intended for adult use only and should be used indoors.
10. Provide adequate care, guidance, and supervision for older adults, children, and individuals with disabilities using the STEPR.
11. Maximum weight of user: 450lbs (204kgs).
12. Do not splice, alter, or extend the power cable, put heavy objects on the cable, or place it near heat sources to prevent fire hazards or injuries.
13. Always cut off the power supply when the STEPR is not in use.

ATTENTION

- 14. The user is responsible for complying with all applicable local, state, and federal laws and regulations regarding the use, maintenance, and disposal of the STEPR stairclimber.
- 15. The class of the STEPR is: SC
- 16. Injuries to health may result from incorrect or excessive training. If you have a feeling of dizziness, sickness or other abnormal symptoms, stop training and consult a doctor immediately.
- 17. The STEPR can be used by children aged from 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the STEPR in a safe way and understand the hazards involved.

CARE AND MAINTENANCE

Care and, if applicable, maintenance advice shall be provided with each piece of the equipment. The advice shall include at least:

- a. A warning notice to the effect that the safety level of the STEPR can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
- b. An advice to replace defective components immediately and/or keep the STEPR out of use until repair;
- c. Special attention to components most susceptible to wear.

IMPORTANT SAFETY PRECAUTION

- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the STEPR.
- Always wear athletic shoes while using the STEPR.
- Do not jump on the STEPR.
- At no time should more than one person be on the STEPR while in operation.
- The STEPR should not be used by persons weighing more than specified on this manual. Failure to comply will void the warranty.
- Disconnect all power before servicing or moving the STEPR. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents.
- The STEPR should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect the STEPR to a properly grounded outlet only.
- At NO time should children under the age of 13 or pets be within 10 feet of the machine.

IMPORTANT SAFETY PRECAUTION

- Keep children under the age of 13 away from the STEPR. Teenagers must be supervised at all times while using the STEPR.
- The STEPR is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the STEPR by a person responsible for their safety.
- Use the STEPR only for its intended use as described in the owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the STEPR if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the STEPR with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) the STEPRs are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Only use the STEPR in temperature-controlled environments; do not use in garages, porches, bathrooms, or outdoors. Failure to comply may void the warranty. not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.

IMPORTANT SAFETY PRECAUTION

- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- Make sure there is no less than 2*1m free space behind the STEPR.
- In case of any Abnormality during the use process, please press the emergency button and get off the STEPR after it stops.
- If you notice any damage to the plug or power cord or on any section of the main lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- If you want to dismount the STEPR, you must stop the STEPR completely.
- Indication that the free area shall be not less than 0,6 m greater than the training area in the directions from which the STEPR is accessed. The free area must also include the area for emergency dismount. Where the STEPR is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure.
- Children should be supervised to ensure that they do not play with the STEPR.

Cleaning and user maintenance shall not be made by children without supervision.

PROPER USAGE

1. As shown in the figure below, the user enters the step area of the stair climber from the direction of the arrow, walks up the steps, and clicks the start button to start using the machine.



2. As shown in the figure below, after the user finishes exercising, click the stop button. After the stair climber stops smoothly, the user exits the step area of the STEPR from the direction of the arrow.



3. If the stairs shake too much during exercise, it means that the chain is too loose. Please remove the left and right protective cover of the main frame, and use a hexagonal T-type wrench to fix the screw of the rear gear clockwise to tighten the chain as shown in Figure 1. As shown in Figure 2, when the gap between the chain and the tube is adjusted to 35mm, you can continue to use the STEPR.

FIGURE 1

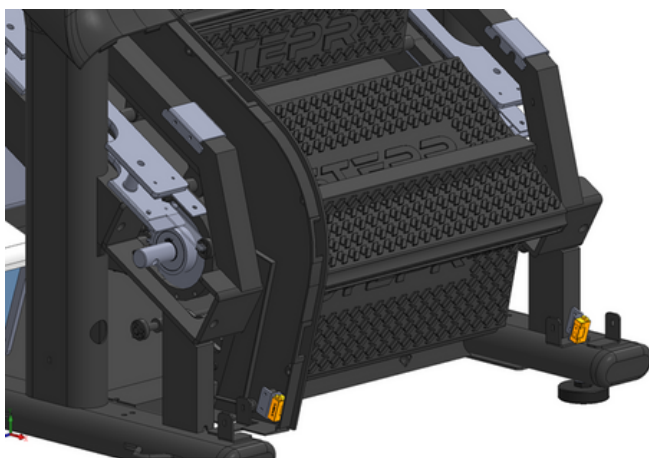
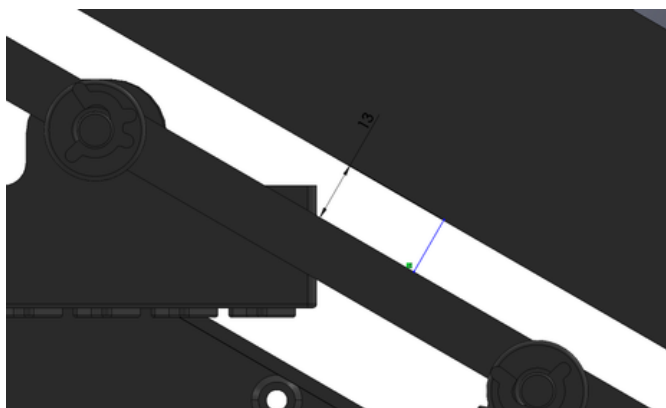


FIGURE 2



4. If the start/stop button is damaged during use, you cannot continue to use the STEPR, and the internal electronic parts need to be replaced or repaired before you continue to use the STEPR.
5. The surface of the stairs are plastic, which is easy to wear and tear. Please ensure that the user's shoes are clean when using it.
6. There are two EMERGENCY STOP BUTTONS on the STEPR. One emergency stop button is located at the below of the handlebars and the second is located on the lower right side handlebar. The EMERGENCY STOP BUTTONS will bring the step surfaces to a complete stop when pressed.
7. Step towards the steps of the STEPR. Grasp the handlebars and step onto the STEPR stairs until you are within a comfortable reach of the console, top emergency stop lever, and within reach of the handlebar controls.
8. To determine proper workout position, stand on the steps within comfortable reach of the console. Maintain a constant distance from the console and within reach of the handlebar controls. Keep your knees slightly bent at all times.

FCC information to the user

1. Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the STEPR.
2. Note: the STEPR has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. the STEPR generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the STEPR does cause harmful interference to radio or television reception, which can be determined by turning the STEPR off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the STEPR and receiver.
 - Connect the STEPR into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.

Official 3D Instructions for assembly & installation



Easy to follow with voice, text & interactive 3D images

NO SUBSCRIPTION NEEDED

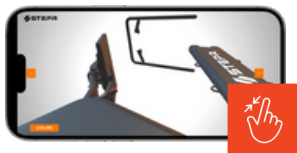
DRAG & ROTATE



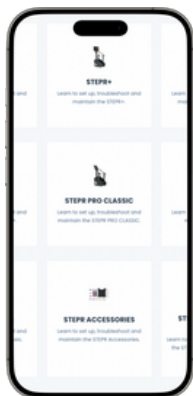
TAP FOR DETAILS



PINCH & ZOOM



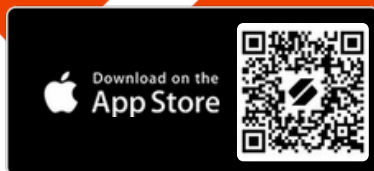
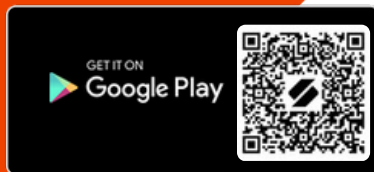
- Faster than paper or video
- Audio, text & image prompts
- Rotate & zoom 3D images
- 360° Replay steps instantly
- All support & resources at:
<https://help.getstepr.com/en>



Visit Our Help Portal



DOWNLOAD THE STEPR APP FREE



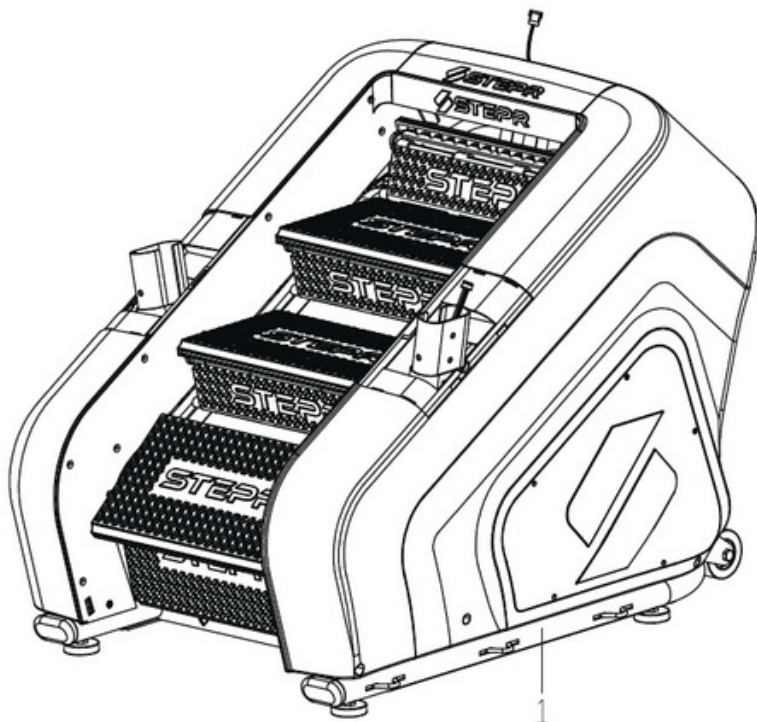
ASSEMBLY STEPS

Note: The floor area of this machine is 50.2"x32.9"
(127.5x83.5cm)

Weight: 363lbs (164.6kgs)

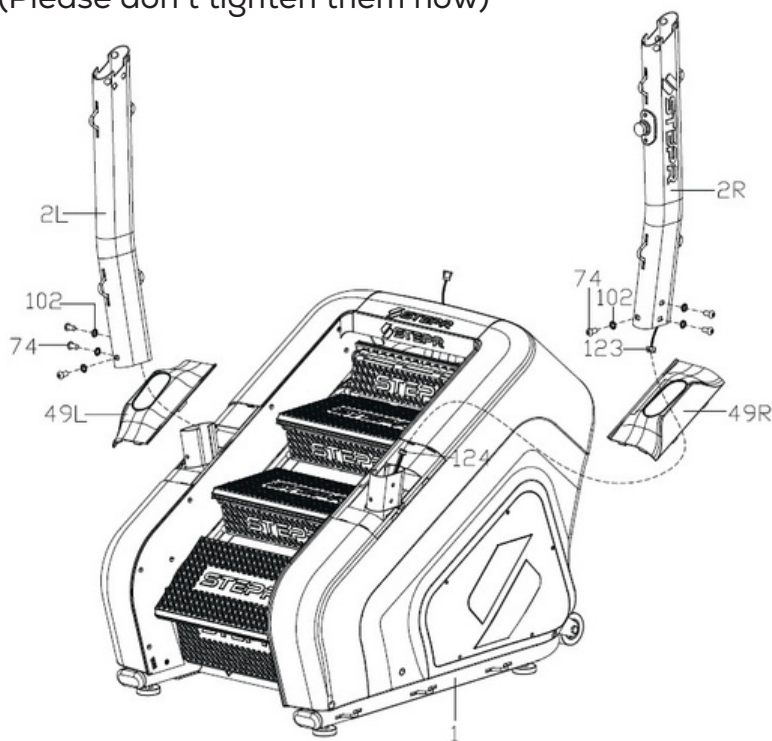
STEP 1

1. Open the package and keep it on the pallet. Take out all parts and unwrap carefully with special attention to the Console.
2. Use the transport handles and 2x ramp wedges provided to safely move the STEPR off the pallet. (Always ensure 2x people assist with handling to prevent injury or damage.)



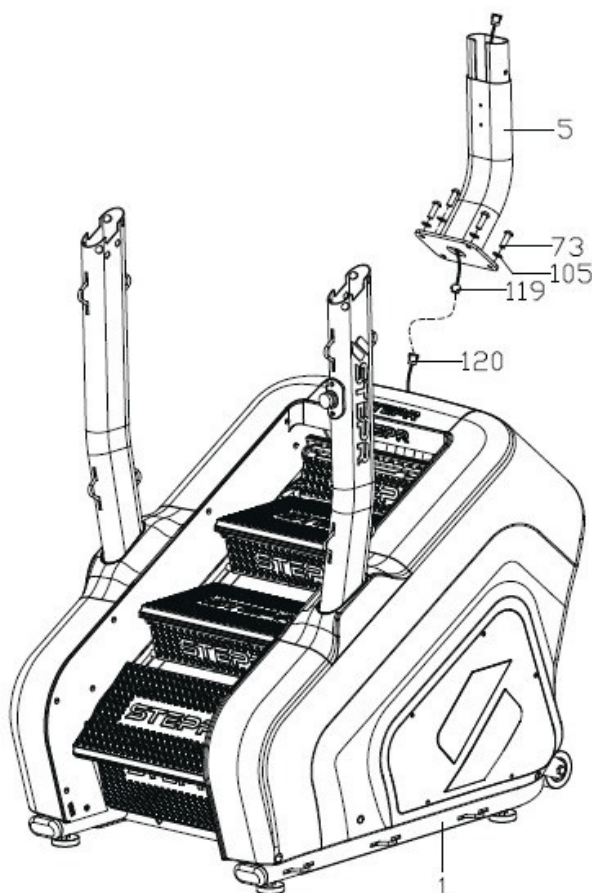
STEP 2

1. Place the Main Frame (1) on the flat ground. (Note: Handle with care as it's very heavy) If unsure, watch the instructional video at the STEPR help portal before attempting to move.
2. Pass the Switch upper wire 2(123) through the right Decorative cover (49R) to connect with the Switch lower wire 2 (124);
3. Cover the Decorative cover (49L / R) to the Upright tube (2L / R), then lock the Upright tube (2L/R) to the Main frame (1) with six M10*20 Hex socket screws (74) and six $\phi 10 \times 1.2$ Lock washers (102). (Please don't tighten them now)



STEP 3

1. Connect the Console lower extension wire (119)to the Console lower wire (120).
2. Attach the Console mast 2 (5) to Main frame (1) with four M10*30 Hex socket screws(73) and four $\phi 10$ Flat washers(105).(Please don't tighten them now)



STEP 4

1. Lock the Console (132) to Mounting bracket (6) with four M10*20 Hex socket screws (74) and four $\phi 10 \times 1.2$ Lock washers (102).
2. Insert the Key board extension wire (128), Console upper extension wire (118), Wireless charging of the upper line (161), Switch lower wire (122) and Wireless pulse lower wire (126) into the corresponding sockets of the Socket board (131) (As shown in figure A,B).
3. Lock the Computer cover adornment (36) to Console (132) with five ST4.0*16 Cross tapping screws (89).

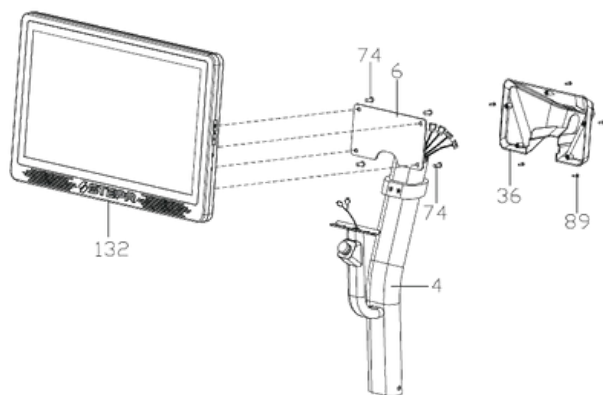


Figure 1

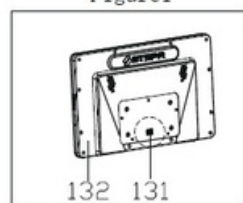
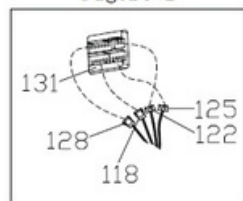
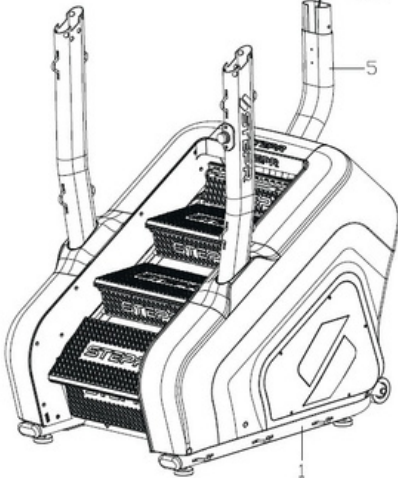


Figure 2



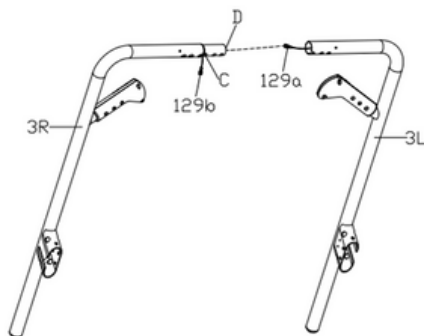
STEP 5

- 2.



STEP 6

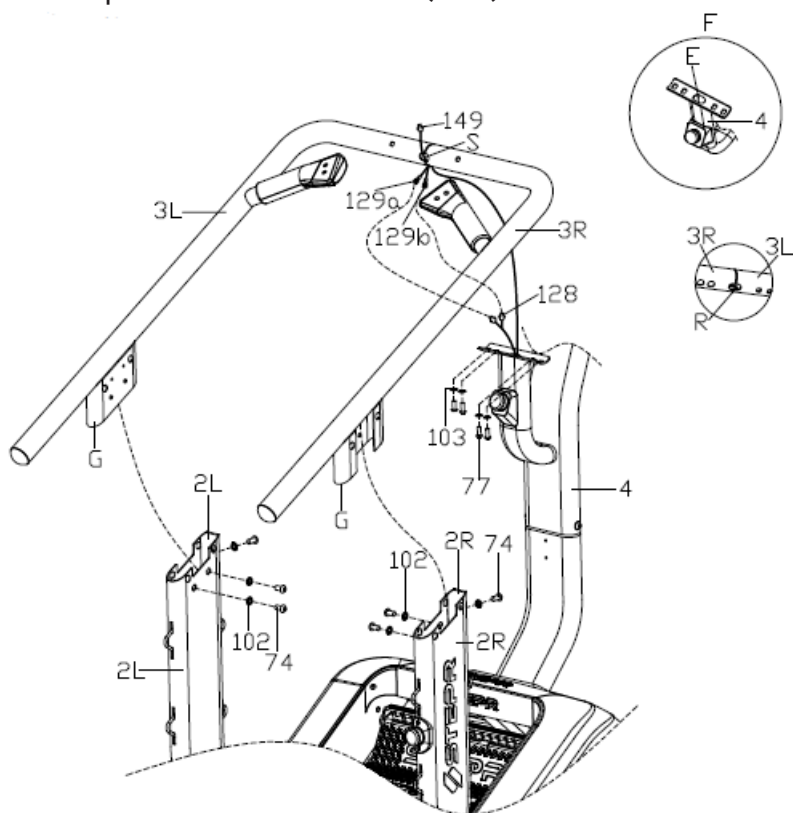
1. Insert Key board lower wire a (129a) go through hole D of right Handrails (3R) and come out of hole C of right Handrails (3R) and slide the left Handrails (3L) and the right Handrails (3R) together.(Be careful not to pinch the wires).



STEP 7

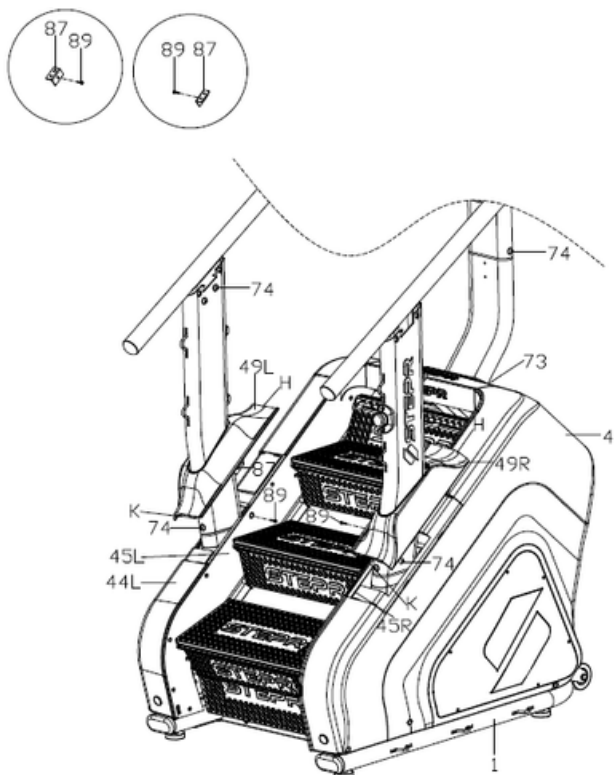
1. Attached the Handrails (3L/R) to the Upright tube (2L/R).
2. Put Wireless charging of the upper line (161) through the hole R in Handrails (3L/R) and out of the hole S.
3. Connect the Key board lower wire a(129a) and Key board lower wire b(129b) to the Key board extension wire (128). And plug all wire connectors and wires into the connection tube of Console mast 1(4) through hole E. (Be careful not to pinch the wires)

4. Insert the Position G of the Handrails (3L/R) into Upright tube (2L/R), align the holes and then lock the Handrails (3L/R) to Upright tube (2L/R) with six M10*20 Hex socket screws (74) and six $\phi 10 \times 1.2$ Lock washers (102). (Please don't tighten them now)
5. Align the holes of the Handrails (3L/R) to the connection tube of the Console mast (4), and then lock the Handrails (3L/R) to the connection tube of Console mast (4) with four M8*20 Hex bolts (77) and four $\phi 8 \times 1.2$ Lock washers (103).



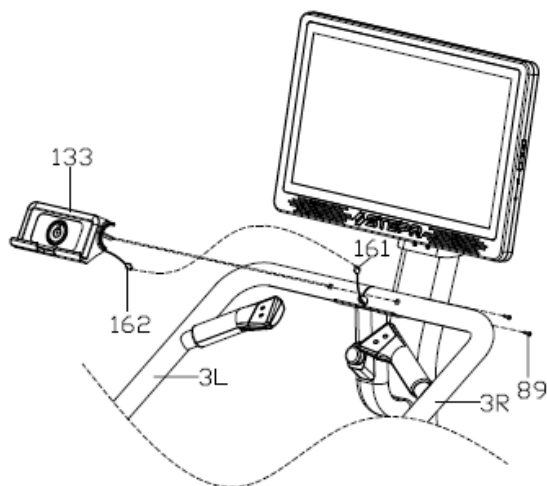
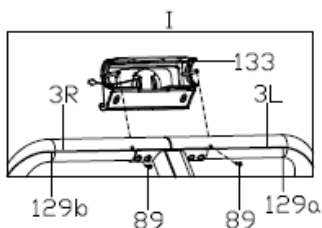
STEP 8

1. Lock all the sixteen M10*20 Hex socket screws (74) and the four M10*30 Hex socket screws (73) that are not locked tightly in the previous assembly steps.
2. Snap the joint at H of Decorative cover (49L/R) into Protective cover (44L/R), and then press the snap joint at K of Decorative cover (49L/R) down to Protective cover (44L/R). Lock the Decorative cover fixture (87) to the Inner protective cover (45L/R) with Cross tapping screw ST4.0*16 (89)



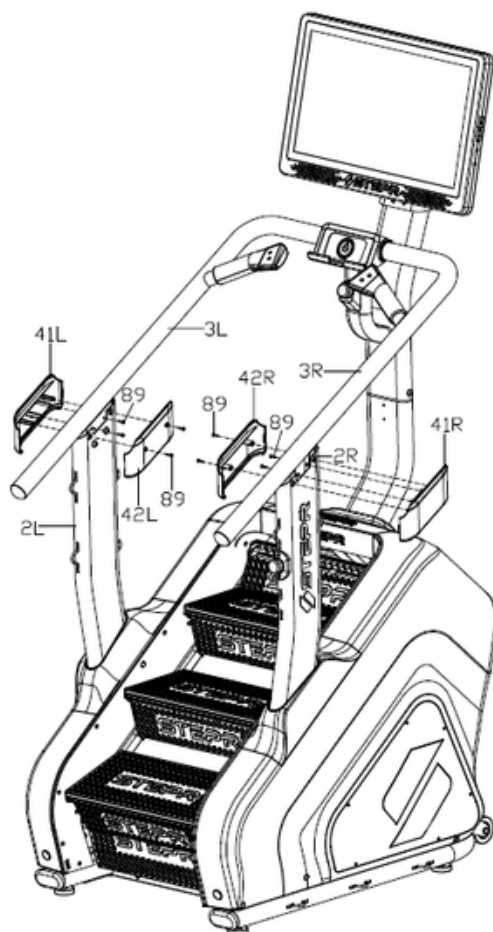
STEP 9

1. Connect Wireless charging of the upper line (161) to Wireless charging of the lower line (162)
2. Place the Phone holder (133) to the Handrails (3L/R) and lock the Phone holder (133) to the Handrails (3L/R) with two ST4.0*16 Cross tapping screws (89). (Note: Please avoid Key board lower wire a/b(129a/b) which could damage the wire)



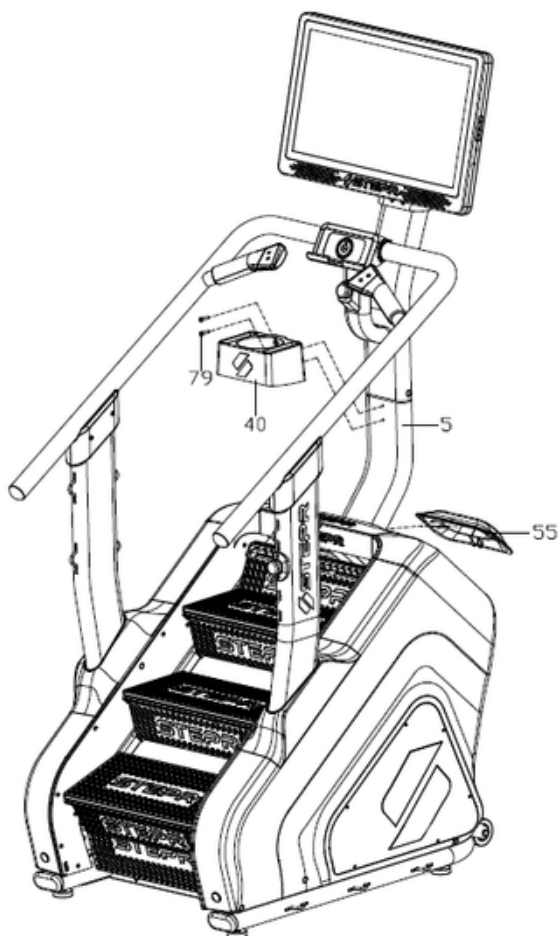
STEP 10

1. Lock the Exterior decorative cover (41L/R) to Handrails (3L/R) with four ST4.0*16 Cross tapping screws (89).
2. Lock the Interior decorative cover (42L/R) to Upright tube(2L/R) with four ST4.0*16 Cross tapping screws (89).



STEP 11

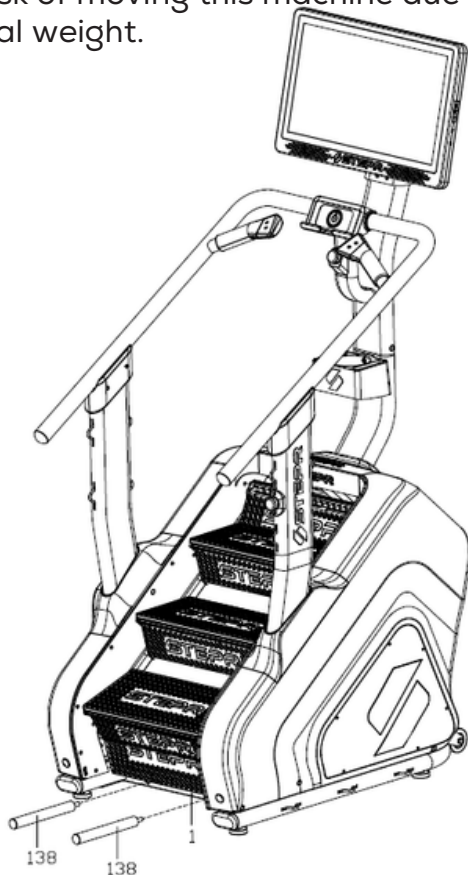
1. Lock the Bottle holder (40) to the Console mast 2 (5) with two M6*25 Hex socket cap screws (79).
2. Put the Console mast decorative cover (55) apart with hands and then cover it into the Console mast 2 (5).



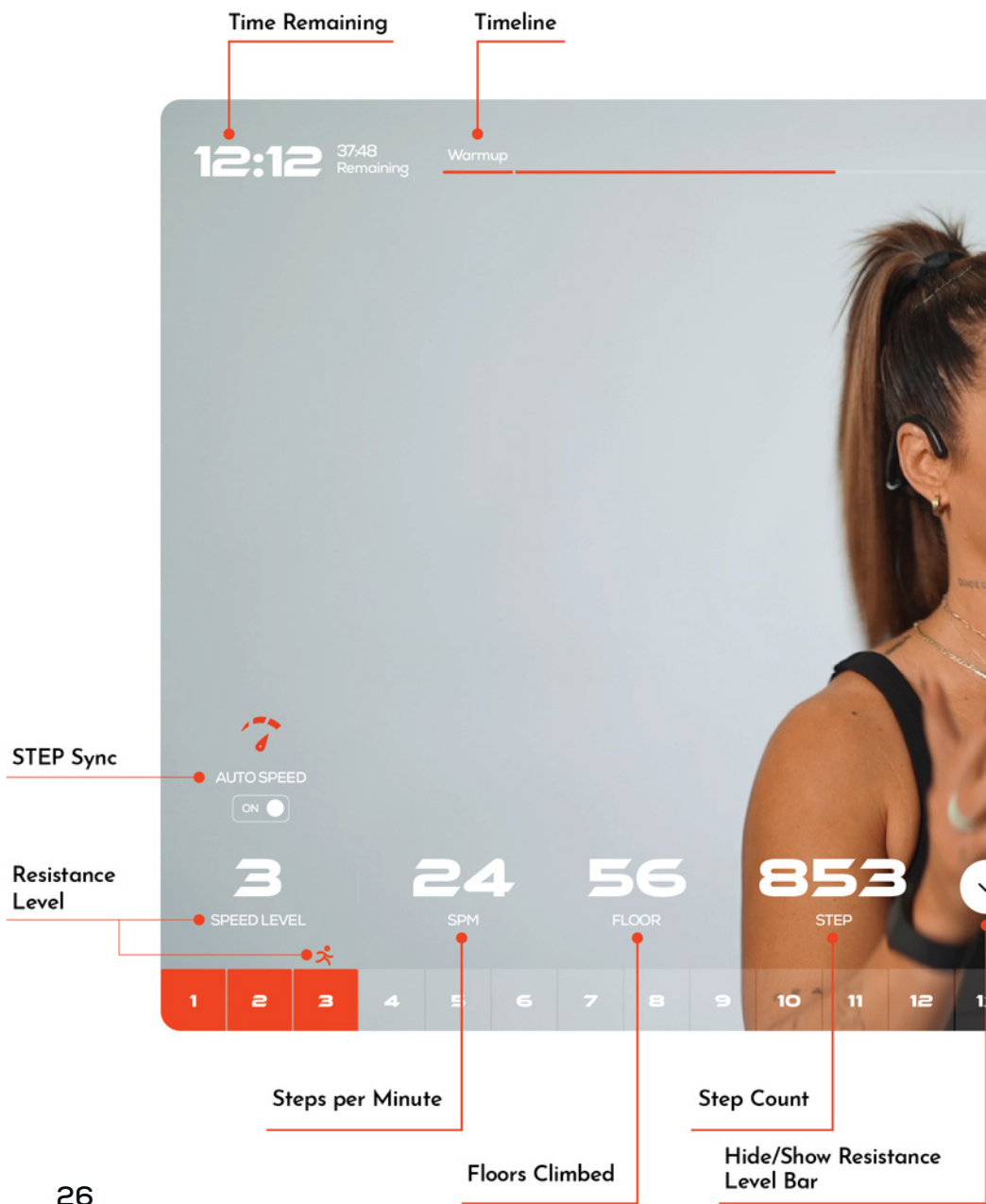
MOVING THE STEPR

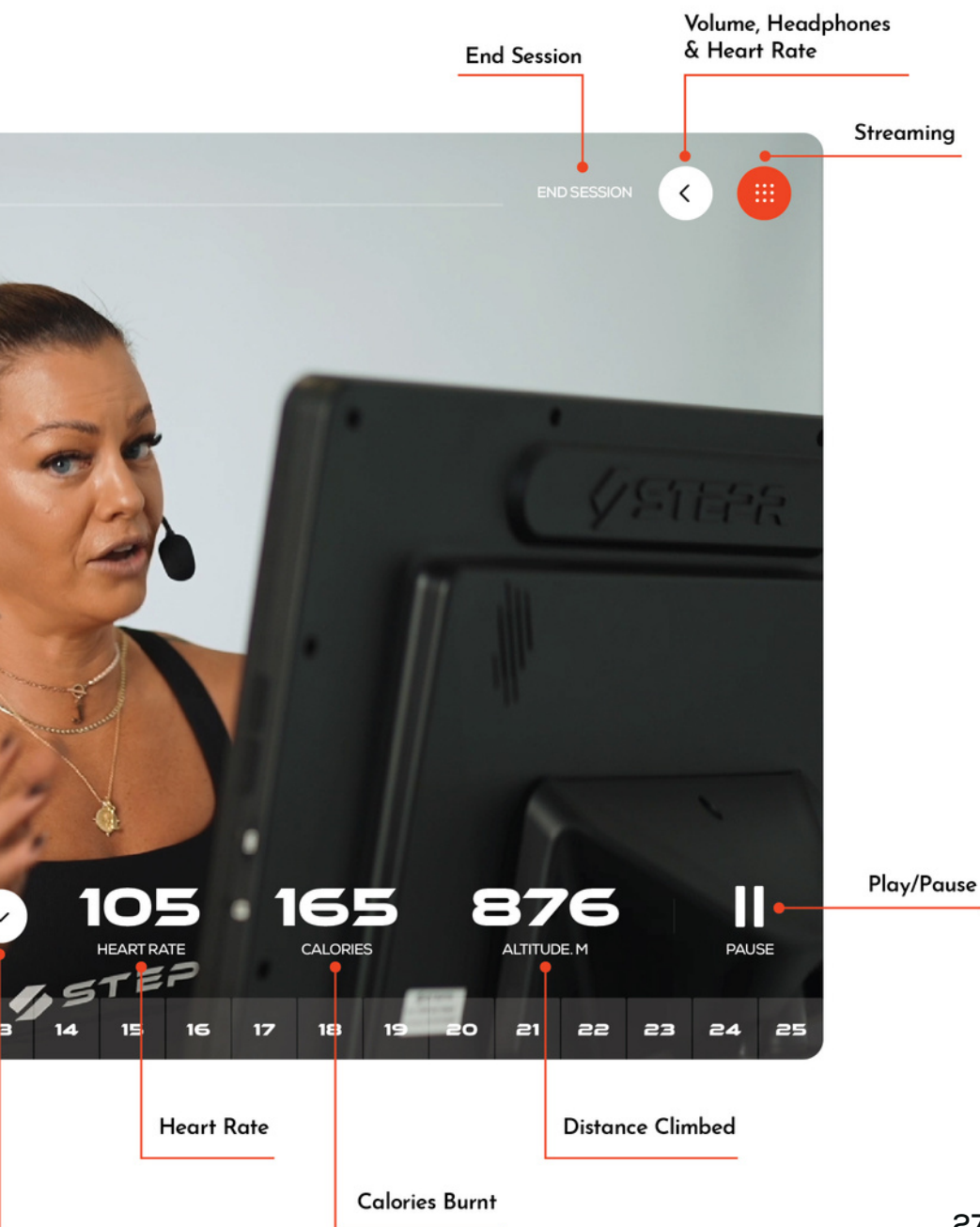
Screw the two Transport handles (138) into the main frame (1) for moving the STEPR. After the completion of moving the machine, unscrew the Transport handles (138) and store them safely for use as needed.

WARNING: The STEPR is a heavy piece of equipment. It is highly recommended that a professional installer or contractor be engaged for the task of moving this machine due to its substantial weight.



CLASS SCREEN





GROUNDING METHODS

The STEPR must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

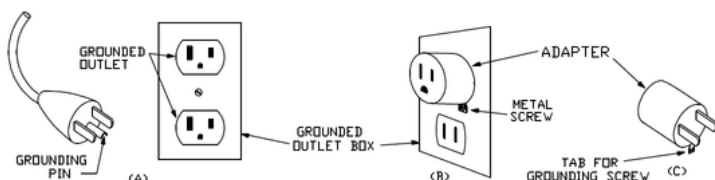
The STEPR is equipped with a cord having an the STEPR-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the STEPR-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the the STEPR is properly grounded.

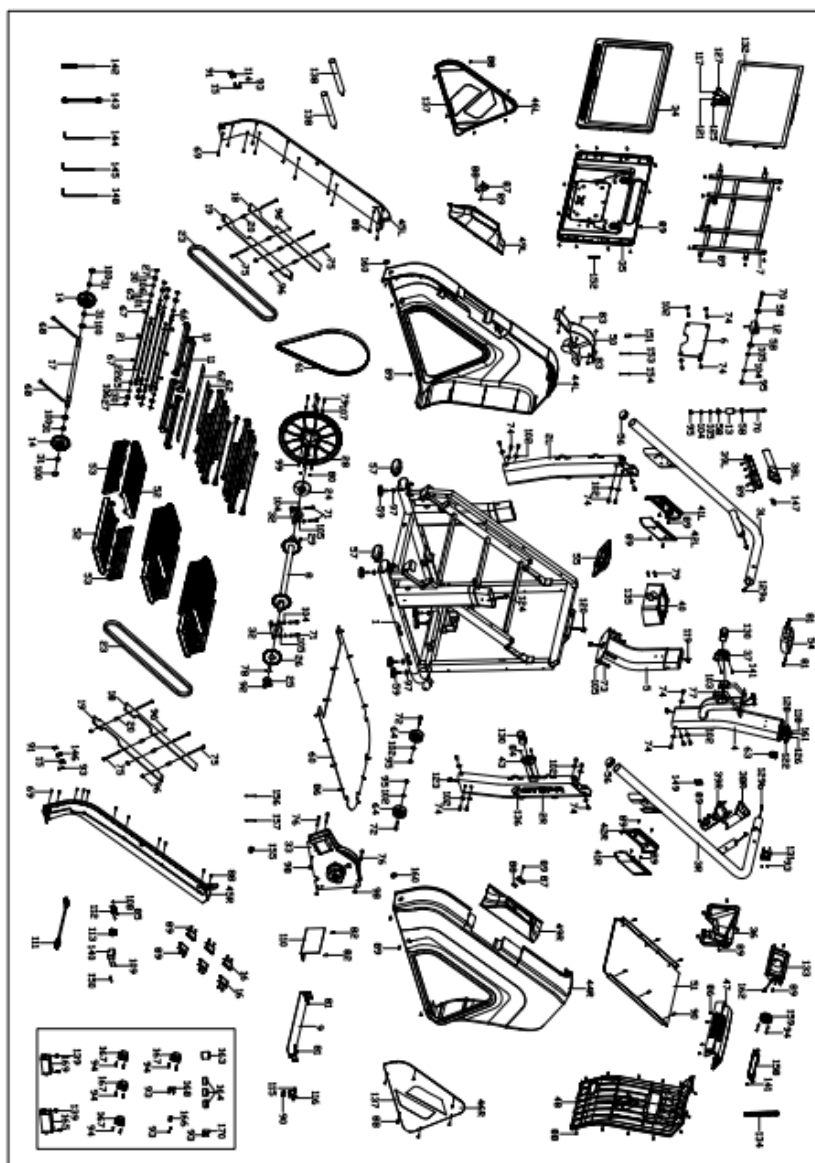
Do not modify the plug provided with the the STEPR – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

The STEPR is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure that the the STEPR is connected to an outlet having the same configuration as the plug.

No adapter should be used with the STEPR.



EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	35	Computer bottom cover	1
2L	Upright tube-Left	1	36	Computer cover adornment	1
2R	Upright tube-Right	1	37	Switch base 1	1
3L	Handrails-Left	1	38L	Upper cover-Left	1
3R	Handrails-Right	1	38R	Upper cover-Right	1
4	Upper Console mast	1	39L	Lower cover-Left	1
5	Lower Console mast	1	39R	Lower cover-Right	1
6	Mounting bracket	1	40	Bottle/Phone Holder	1
7	Console supporting tube	1	41L	Exterior decorative cover-Left	1
8	Front roller	1	41R	Exterior decorative cover-Right	1
9	Baffle	1	42L	Interior decorative cover-Left	1
10	Stair support 1	6	42R	Interior decorative cover-Right	1
11	Stair support 2	6	43	Switch base 1	1
12	Swivel joint assembly	1	44L	Protective cover-Left	1
13	drivepipe	1	44R	Protective cover-Right	1
14	Rear gear	2	45L	Inner protective cover-Left	1
15	Infrared fastener	2	45R	Inner protective cover-Right	1
16	Cover fixing	6	46L	Exterior protective cover-Left	1
17	Rear roller shaft	1	46R	Exterior protective cover-Right	1
18	Guide	2	47	Upper protective cover	1
19	Guide2	2	48	Rear protective cover	1
20	Support sleeve 1	8	49L	Decorative cover-Left	1
21	Bearing connecting shaft	12	49R	Decorative cover-Right	1
22	Stair connecting shaft	6	50	Flywheel protective cover	1
23	Chain	2	51	Middle baffle	1
24	Pulley shaft sleeve	1	52	Stair 1	6
25	Emergency stop plate sleeve	1	53	Stair 2	6
26	Emergency stop plate	1	54	Cushion	1
27	Clip	24	55	Console mast decorative cover	1
28	Belt pulley	1	56	End cap of handrail	2
29	Flat key 1	1	57	End cap	2
30	Bearing 608Z	24	58	Spacer	4
31	Bearing 6004	4	59	Foot pad	6
32	KP005 pedestal bearing	2	60	Bottom baffle	1
33	Brake combination	1	61	Belt	1
34	Computer upper cover	1	62	EVA silencing pad	12
63	End cap	1	104	Spring washer $\phi 10$	6
64	Roller	2	105	Flat washer $\phi 10$	10
65	Stair spacer 1	12	106	Flat washer $\phi 8$	32
66	Stair spacer 2	12	107	Flat washer $\phi 6$	4
67	Wear washer	30	108	Hex nut M3	2
68	Hex socket cap screw M10*170	2	109	Cross screw M4*40	2
69	Cross countersunk tapping screw ST5.0*25	2	110	Controller	1
70	Hex socket cap screw M10*90	2	111	Power cord	1
71	Hex socket cap screw M10*35	4	112	Switch	1
72	Hex bolt M10*45	2	113	Power socket	1
73	Hex socket screw M10*30	4	114	Infrared emitter	1
74	Hex socket screw M10*20	20	115	Light sensor bracket	1

PARTS LIST

75	Hex socket cap screw M8*110	8	116	Light sensor 1	1
76	Hex socket cap screw M8*75	3	117	Console upper wire	1
77	Hex bolt M8*20	4	118	Console upper extension wire	1
78	Slotted flat point set screw M4*5	3	119	Console lower extension wire	1
79	Hex socket cap screw M6*25	6	120	Console lower wire	1
80	Slotted flat point set screw M5*10	3	121	Emergency switch upper wire 1	1
81	Cross screw M5*15	8	122	Emergency switch lower wire 1	1
82	Cross screw M4*15	2	123	Emergency switch upper wire 2	1
83	Cross countersunk head screw M5*8	6	124	Emergency switch lower wire 2	1
84	Cross countersunk head screw M4*15	2	125	Wireless pulse upper wire	1
85	Cross countersunk head screw M3*15	2	126	Wireless pulse lower wire	1
86	Cross tapping screw ST4.0*12	17	127	Key board upper wire	1
87	Decorative cove fixture	2	128	Key board extension wire	1
88	Cross countersunk tapping screw ST4.0*16	48	129a	Key board lower wire a	1
89	Cross tapping screw ST4.0*16	67	129b	Key board lower wire b	1
90	Cross screw M4*10	8	130	Emergency stop	2
91	Cross screw M3*15	4	131	Socket board	1
92	Cross screw M3*8	3	132	Console	1
93	Cross tapping screw ST2.9*9.5	14	133	Phone holder	1
94	Cross tapping screw ST2.2*8	20	134	Elastic sleeve	1
95	Nylon nut M10	4	135	Small S logo	1
96	Nylon nut M8	6	136	STEPR logo	2
97	Hex thin nut M10*5	6	137	Big S logo	2
98	Hex thin nut M8	3	138	Transport handle	2
99	Nylon nut M6	4	139	Cross screw M4*8	4
100	Outer snap ring ϕ 20	4	140	Distance sensor	1
101	E-type snap ring ϕ 6	18	141	Cross tapping screw ST4.0*8	4
102	Lock washer ϕ 10*1.2	22	142	Screwdriver	1
103	Lock washer ϕ 8*1.2	4	143	S17 Wrench	1
144	Allen wrench S5	1	158	Back cover of mobile phone holder	1
145	Allen wrench S6	1	159	Wireless charging module	1
146	Infrared receiver	1	160	spout plug	2
147	Start/Pause shortcut key board	1	161	Wireless charging of the upper line	1
148	Allen wrench S8	1	162	Wireless charging of the lower line	1
149	Speed shortcut key board	1	163	Magnetic ring 1 (optional)	1
150	Fuse	1	164	Magnetic ring 2 (optional)	3
151	Wireless heart rate module	1	165	Inductor filter (optional)	1
152	Volume up/down keypad	1	166	USB port	1
153	Music Bluetooth module and the whole board connection cable	1	167	Speaker (optional)	4
154	Music Bluetooth module includes	1	168	Type-C charge port /Headphone	1
155	Light sensor 2	1	169	Filter(optional)	1
156	The cable connecting the driver to the electromagnet	1	170	Type-C charging (optional)	1
157	The cable connecting the drive to the brake disc	1			



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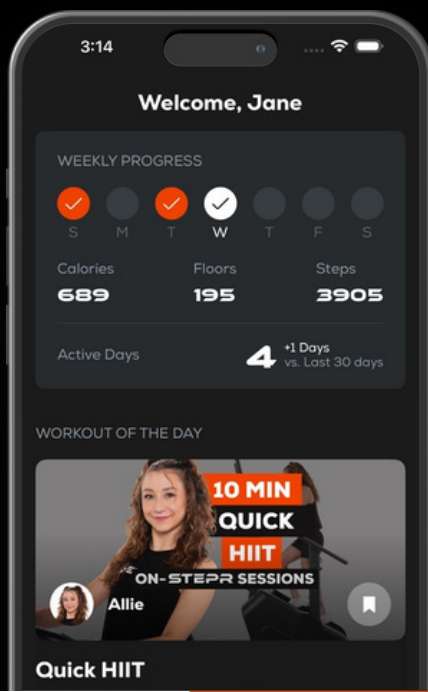
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